



Behavioral Health

Prevention and Early Intervention

Mental Health Services Act Prevention and Early Intervention Component

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Acting Program Manager
November 20, 2014



Section I

Purpose of Mental Health Services Act (MHSA)
Prevention and Early Intervention (PEI) Component

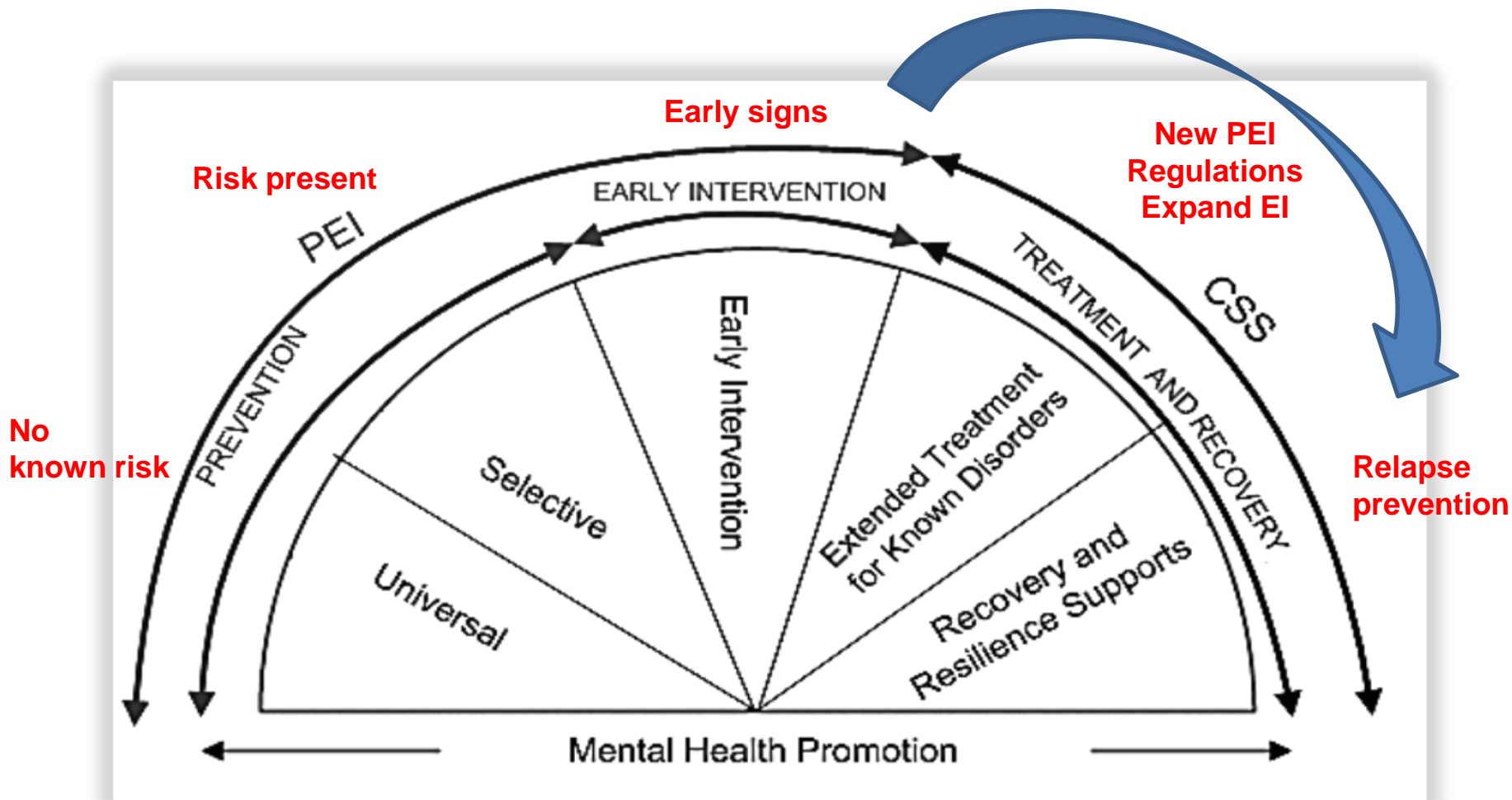
WIC § 5840 (a)(b) states that counties shall **design programs** that prevent mental illnesses from becoming severe and disabling; emphasizing improvement on timely access to services for underserved populations, including the following components:

- Outreach to recognize the early signs of a mental illness
- Access and linkage to services
- Reduction in stigma associated with mental illness or seeking services
- Reduction in discrimination against those with a mental illness

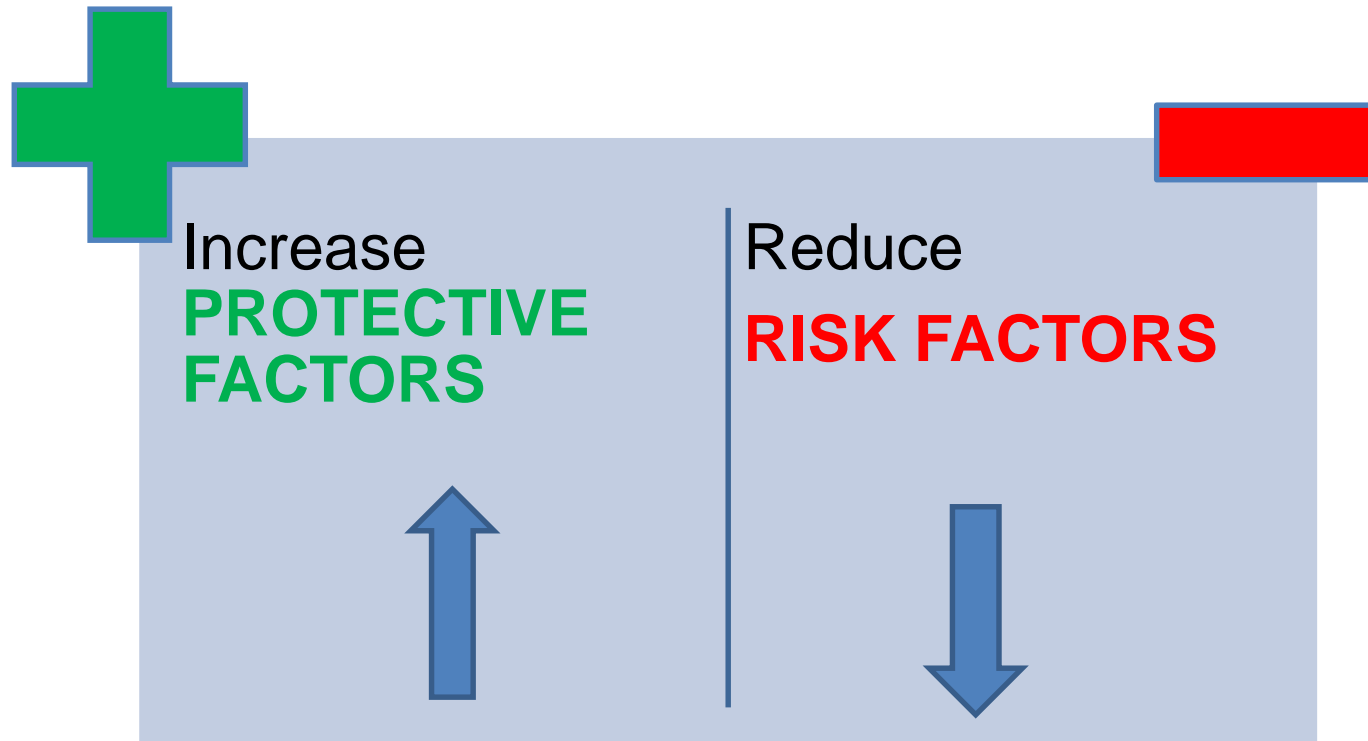
Priority Populations include:

- Underserved Cultural Populations
- Individuals Experiencing Onset of Serious Psychiatric Illness
- Children/Youth in Stressed Families
- Trauma-Exposed
- Children/Youth at Risk for School Failure
- Children and Youth at Risk of Juvenile Justice Involvement

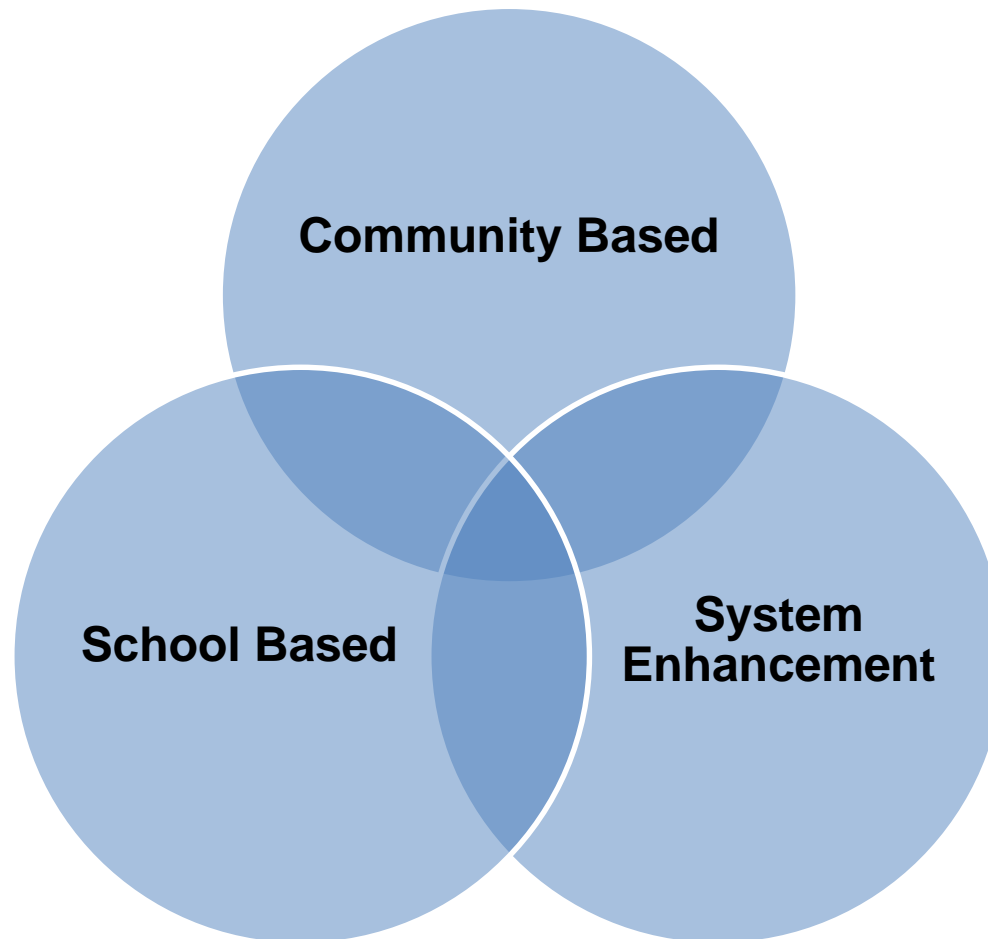
Prevention and Early Intervention Framework



Source: Adapted from Mrazek and Haggerty (1994) and Commonwealth of Australia (2000)

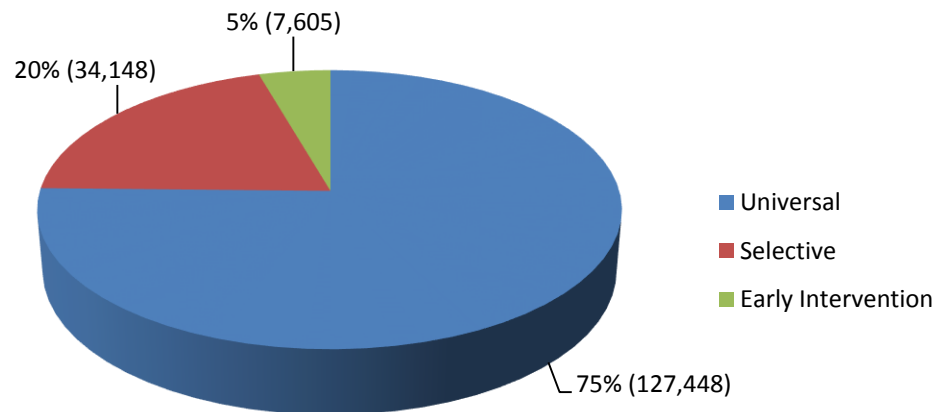


- See Risk/Protective Factors for Mental Emotional and Behavioral Disorders Across the Life Cycle handout



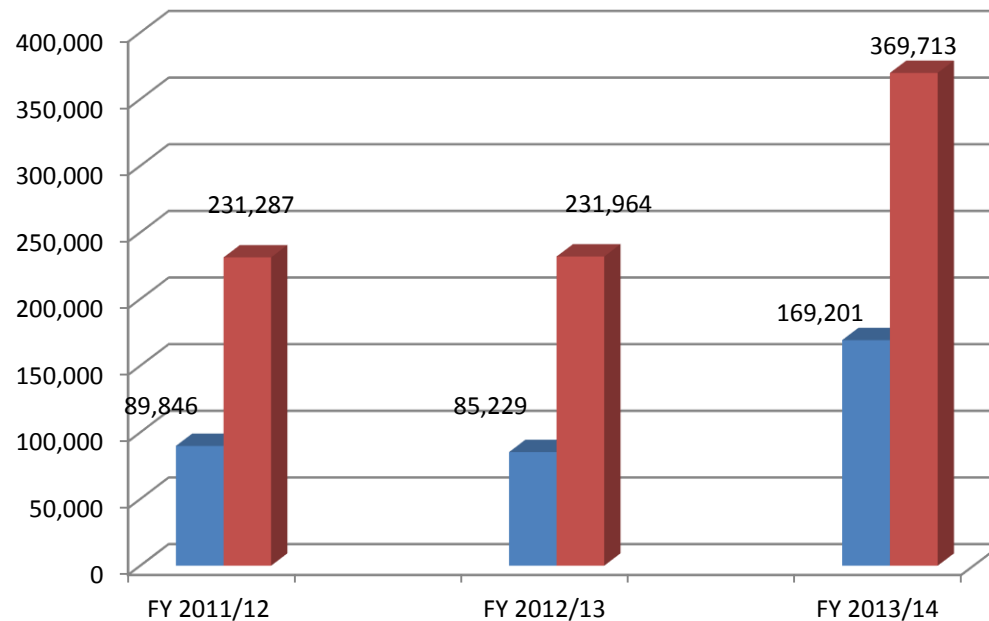
School Based	Community Based	System Enhancement
1. Preschool PEI Program	1. Family Resource Center	1. Child and Youth Connection
2. Resilience Promotion in African American Children	3. Native American Resource Center	2. Coalition Against Sexual Exploitation
3. Student Assistance Program	2. NCTI Crossroads Education	3. Community Wholeness and Enrichment
	4. Promotores de Salud/ Community Health Workers	4. LIFT Program
		5. Military Services and Family Support
		6. Older Adult Community Services Program

FY 2013/14 Unduplicated Individuals Served



169,201 total
individuals served

Services Provided FY 2011/12-FY 2013/14



■ Unduplicated
■ Duplicated

19% Average Increase
in Unduplicated
Services

22% Average Increase
in Duplicated
Services

Section I

On your worksheet, please rate how well you believe DBH has done in meeting the intent of the MHSA PEI Component.

1. Reduce School Failure
2. Reduce Incarcerations/Juvenile Justice Involvement
3. Reduce Minor Consumers Removed from Home
4. Reduce Stigma and Discrimination
5. Reduce Prolonged Suffering
6. Reduce Suicide
7. Reduce Unemployment Among Consumers
8. Reduce Homelessness Among Consumers

**All Goals Address Areas as they Relate to
Behavioral Health Concerns**

Section II

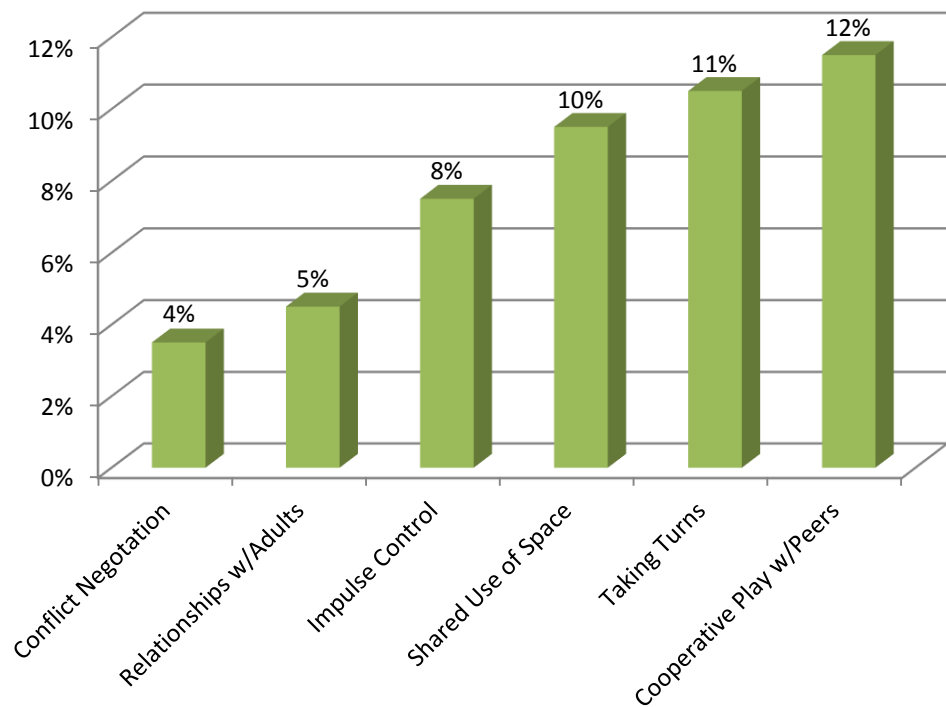
- ✓ Reduce School Failure/Dropout Rates
- ✓ Reduce Incarcerations/Juvenile Justice Involvement
 - ✓ Reduce Minors Removed from their Home

PEI Strategies that
Reduce Risk Factors for School Failure

Risk Factor	Strategy
Early aggressive behavior	<ul style="list-style-type: none">Behavioral change skills buildingParental and teacher support/education/training
Early persistent behavior problems Symptoms of a variety of disorders (e.g., ADHD, depression, anxiety)	<ul style="list-style-type: none">School-based interventions and treatmentIndividual and group counselingEducational outreach and engagementCommunity provider-school partnerships
Social deficiencies, hostile toward peers, socially inhibited	<ul style="list-style-type: none">Bereavement and loss supportConflict resolution trainingPro-social behavior education
Anti-social behavior, delinquency	<ul style="list-style-type: none">Increased family involvement and bondingCulturally-specific activities and supportDecision making education on how attitude/behavior translates to positive life outcomes
Favorable attitudes towards drugs Early substance use	<ul style="list-style-type: none">Education, skills and resources to help develop and maintain a healthy life style



Preschool Students Integrating
Positive Behaviors
FY 2011/12 & FY 2013/14



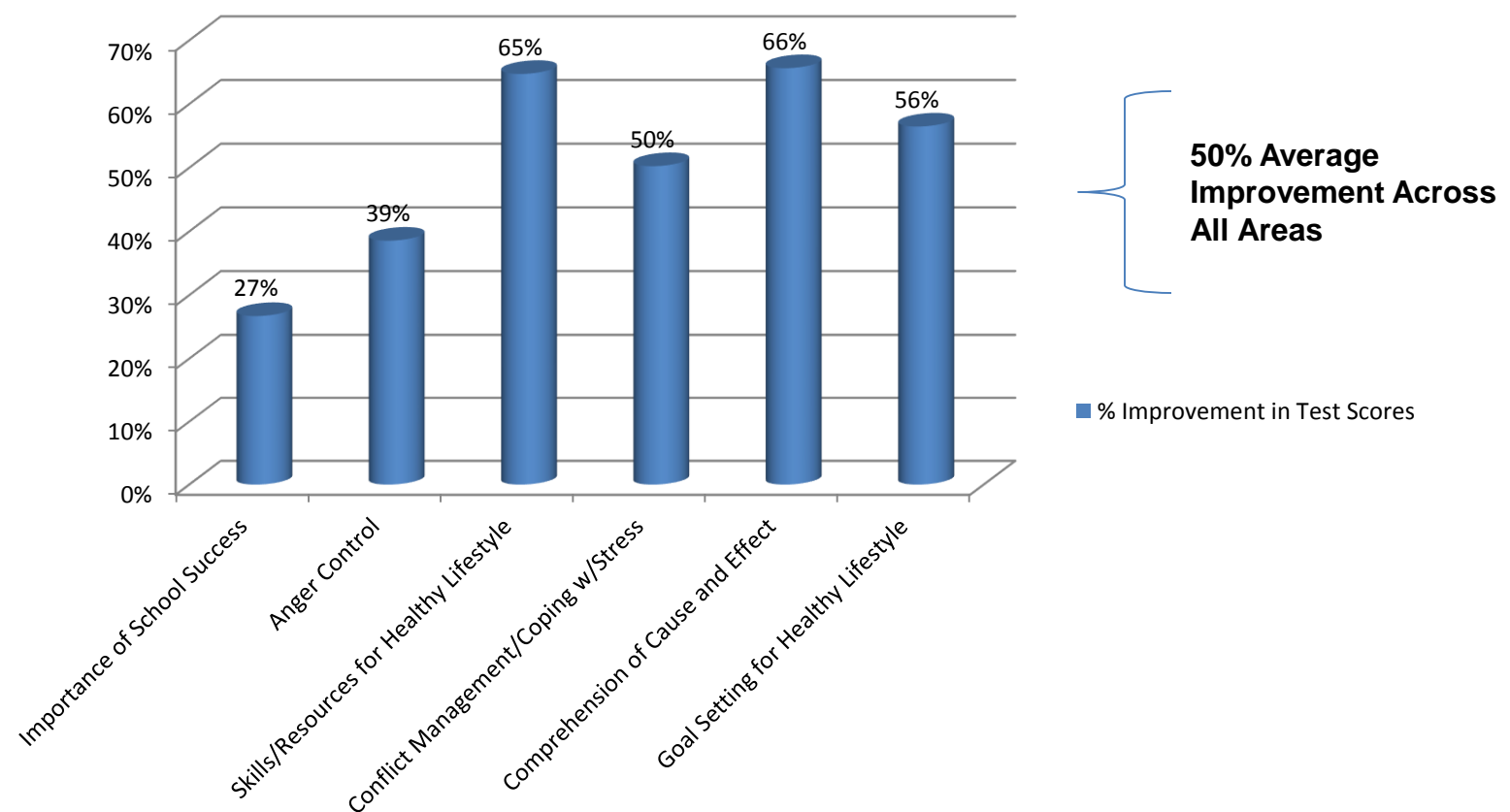
8% Average Improvement in All Areas

Average Improvement in Integrating Behaviors

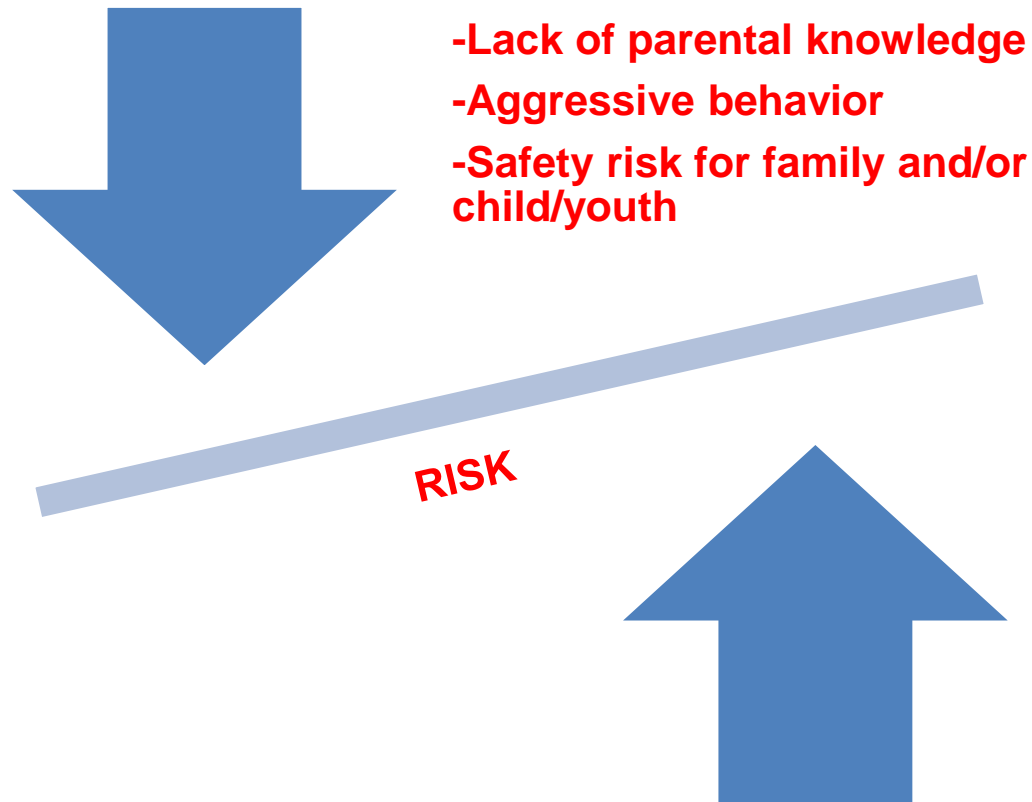
PEI Strategies that Reduce Risk Factors for Incarcerations

Risk Factor	Strategy
Parental alcohol/drug use	<ul style="list-style-type: none">• Parental substance use/abuse screenings, support and linkage
Cold/unresponsive mother behavior	<ul style="list-style-type: none">• Maternal attachment screening and support• Family support and counseling
Poor impulse control, sensation seeking	<ul style="list-style-type: none">• Behavioral change skills building• Parental and teacher support/education/training
Early persistent behavioral problems	<ul style="list-style-type: none">• Conflict resolution training• Pro-social behavior education
Early substance use	<ul style="list-style-type: none">• Substance use screenings, support and linkage
School failure	<ul style="list-style-type: none">• Family support and participation• Training and education in school environment
Lack of commitment to conventional adult rules	<ul style="list-style-type: none">• Integrated learning on attitudes/behaviors as they relate to decision making and positive outcomes

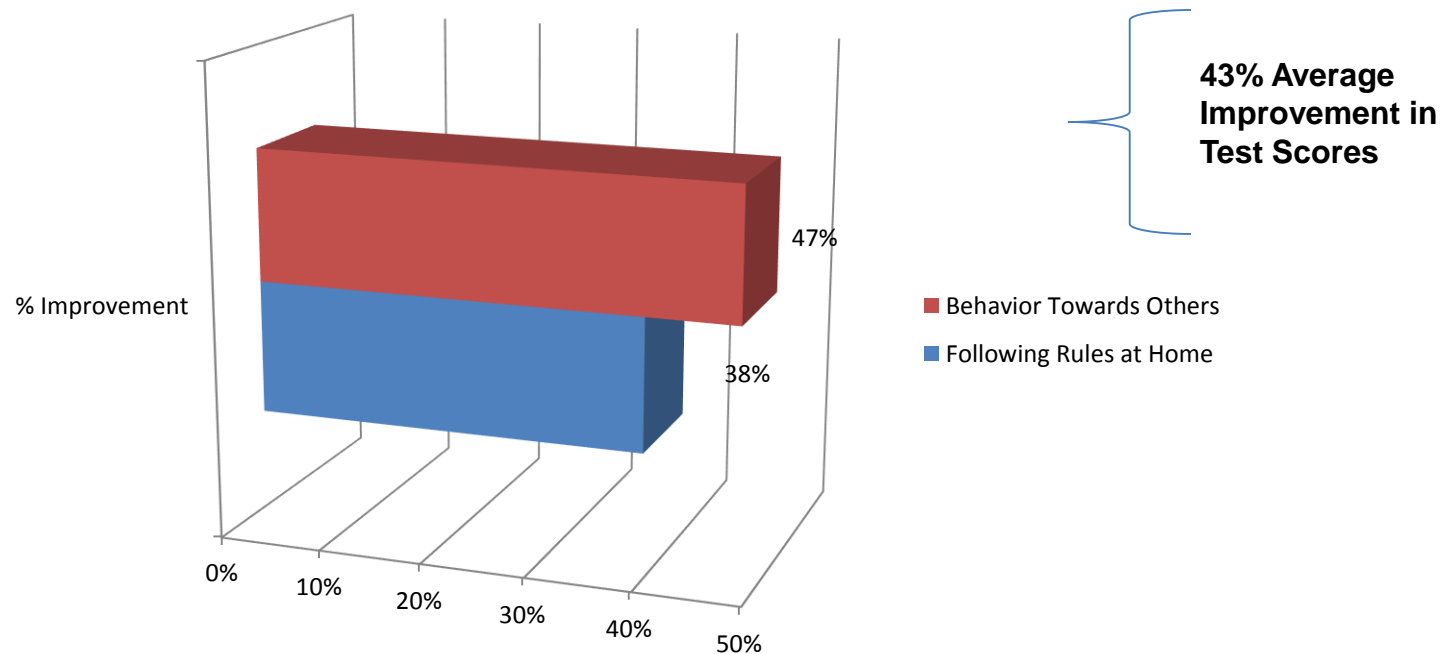
Children/Youth Skills-Knowledge
FY 2011/12 - FY 2013/14



Risk Factors that Increase Likelihood of Removal from Home



Improvement in Child/Youth Familial Functioning FY 2011/12 - FY 2013/14



Section II

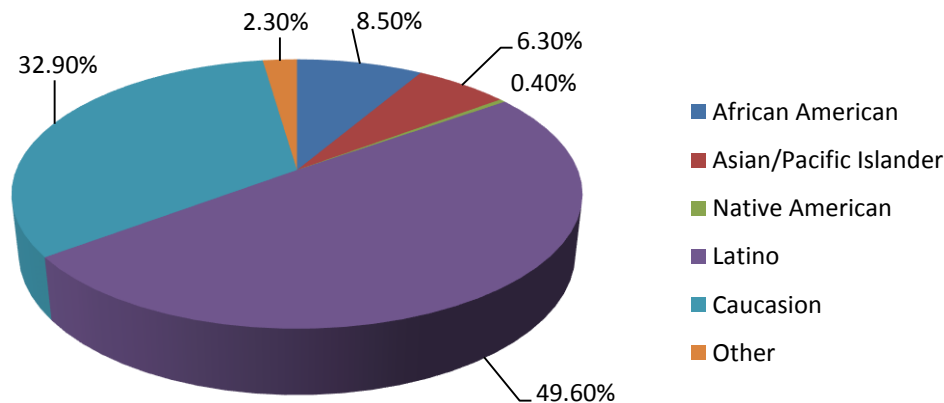
Based on the data presented concerning **reducing school failure, reducing incarcerations and reducing minors removed from their home**, please discuss:

- Strengths illustrated in meeting the goals
- Opportunities to strengthen how the department meets/measures the goals

Section III

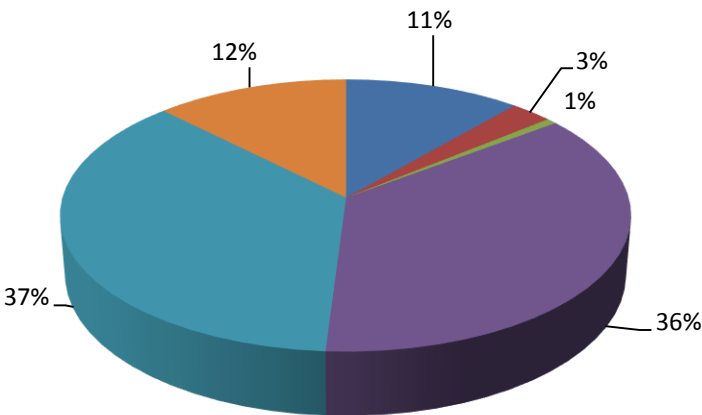
- ✓ Reduce Stigma and Discrimination Associated with Mental Illness
 - ✓ Reduce Prolonged Suffering
 - ✓ Reduce Suicide

San Bernardino County Demographics

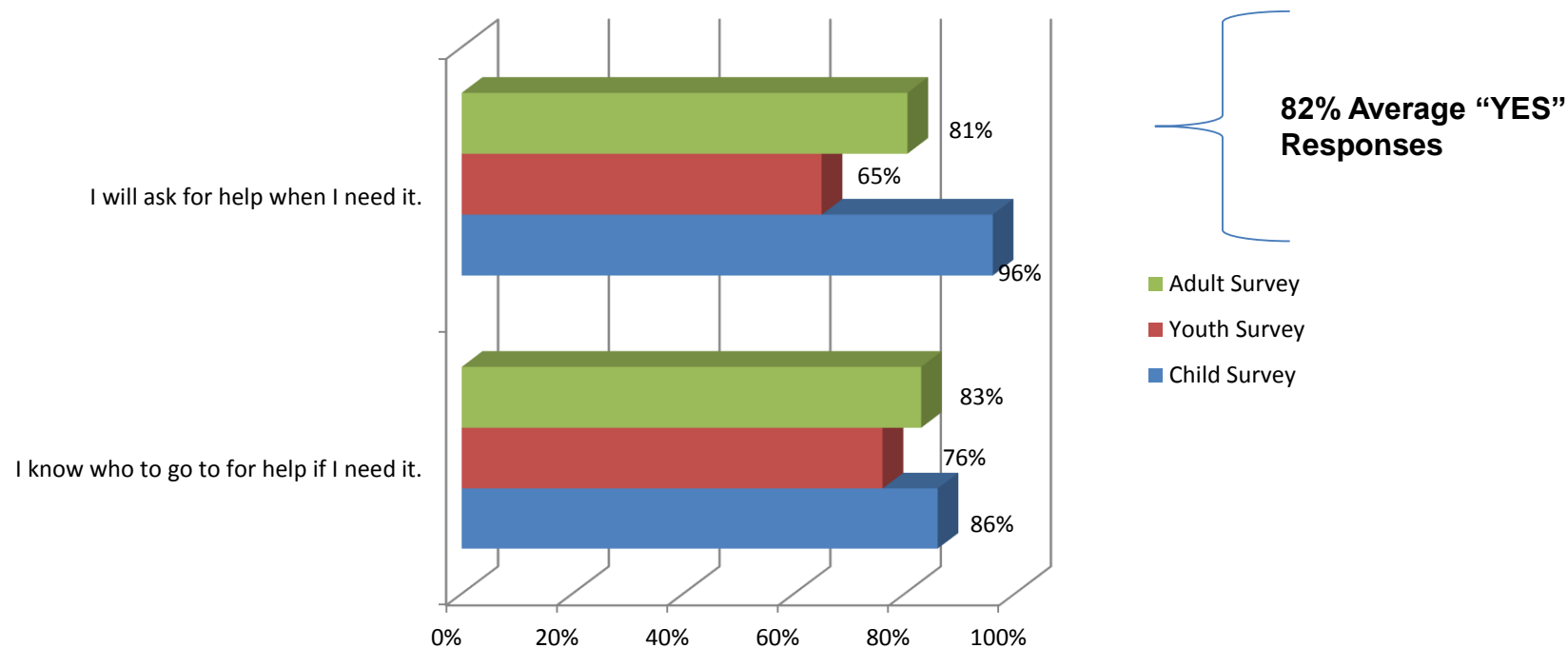


Source: California Dept. of Finance, 2012

PEI FY 2013/14 Demographics



Mental Health: Help Seeking Assessment FY 2012/13 – FY 2013/14



Goal: Reduce Stigma and Discrimination, cont'd

Page 24

FY 2013/14 Post Survey Results

Mental Health Knowledge

Program	Survey Question Indicator	Results
Promotores de Salud/Community Health Workers	Improved knowledge on mental illness.	68%
Promotores de Salud/Community Health Workers	Improved knowledge on mental wellness.	68%
Native American Resource Center	Aware of services available in the community.	60%

Intent to Seek Services

Program	Survey Question Indicator	Results
Promotores de Salud/Community Health Workers	Intend to utilize mental health services.	64%
Promotores de Salud/Community Health Workers	Confident in accessing mental health services.	61%
Native American Resource Center	Willingness to participate in services.	70%



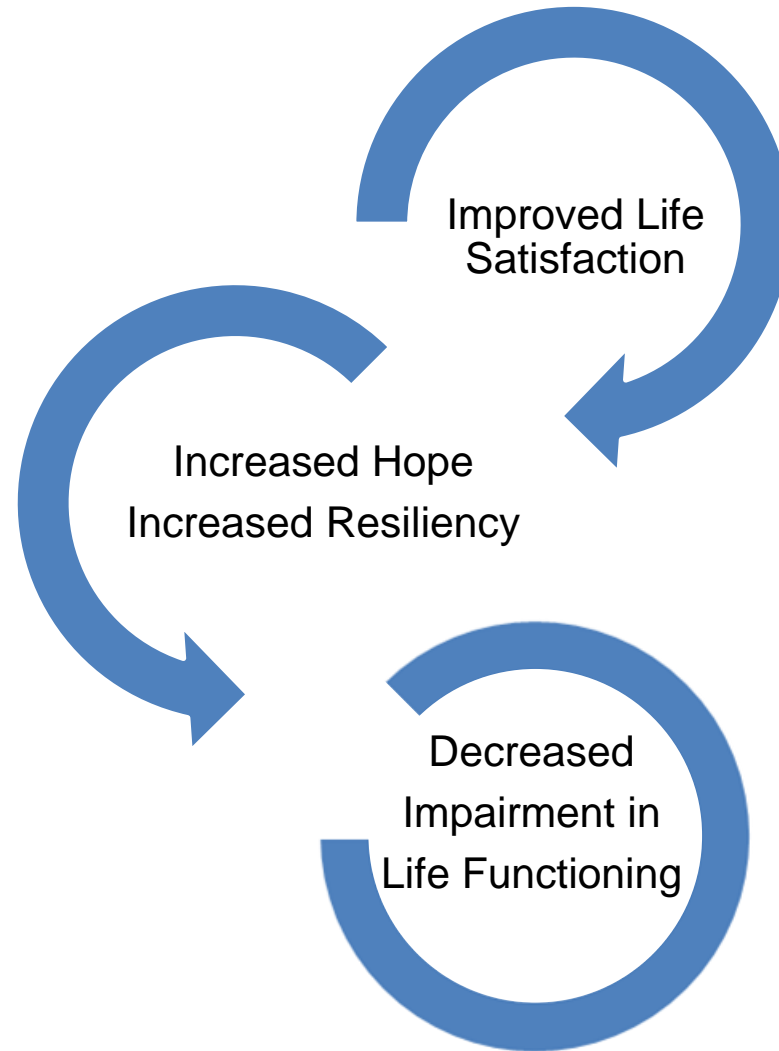
Statewide Projects

- **Foto Novelas**/short stories to educate/engage families
- **Directing Change** film contest for high school students
- **Walk In Our Shoes** campaign for children grades 4th-6th
- **The Speak Our Minds** speaker's bureau project to promote awareness

EACH MIND MATTERS California's Mental Health Movement

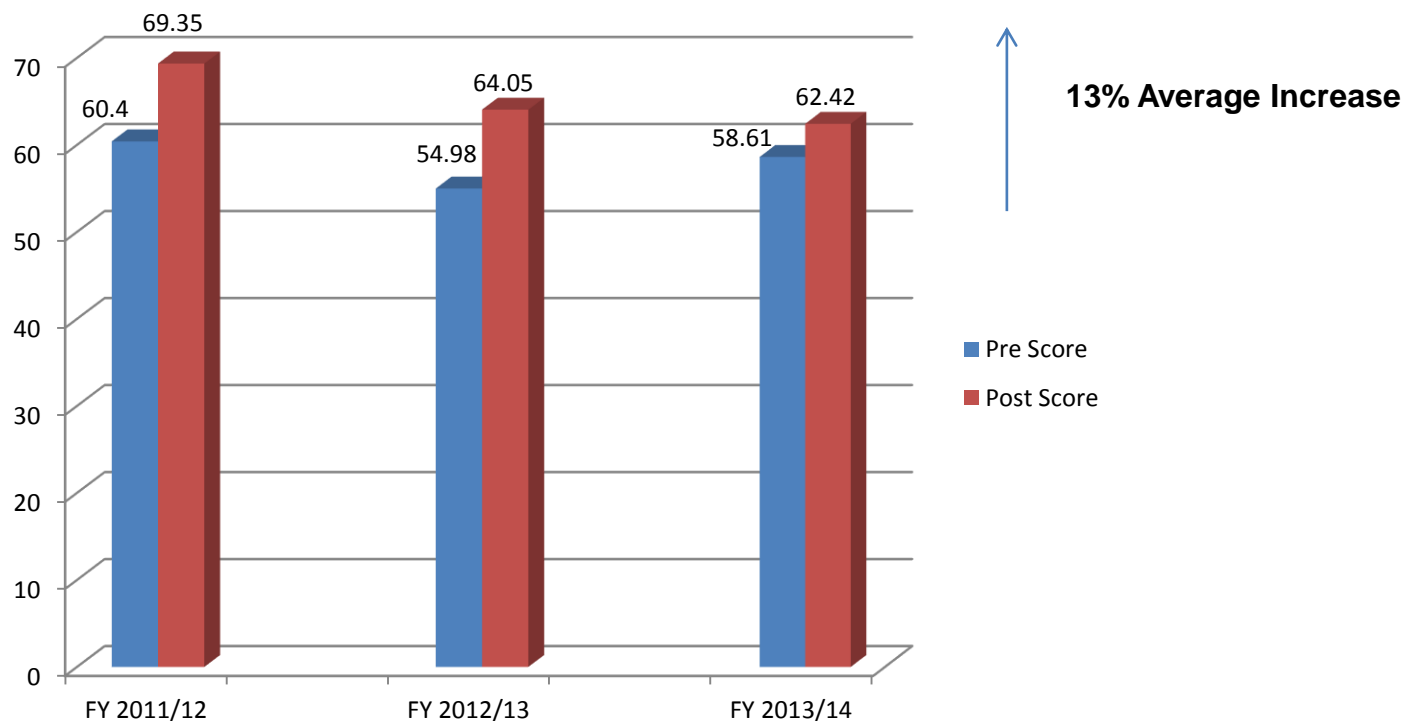


Outcomes for Reduction of Prolonged Suffering

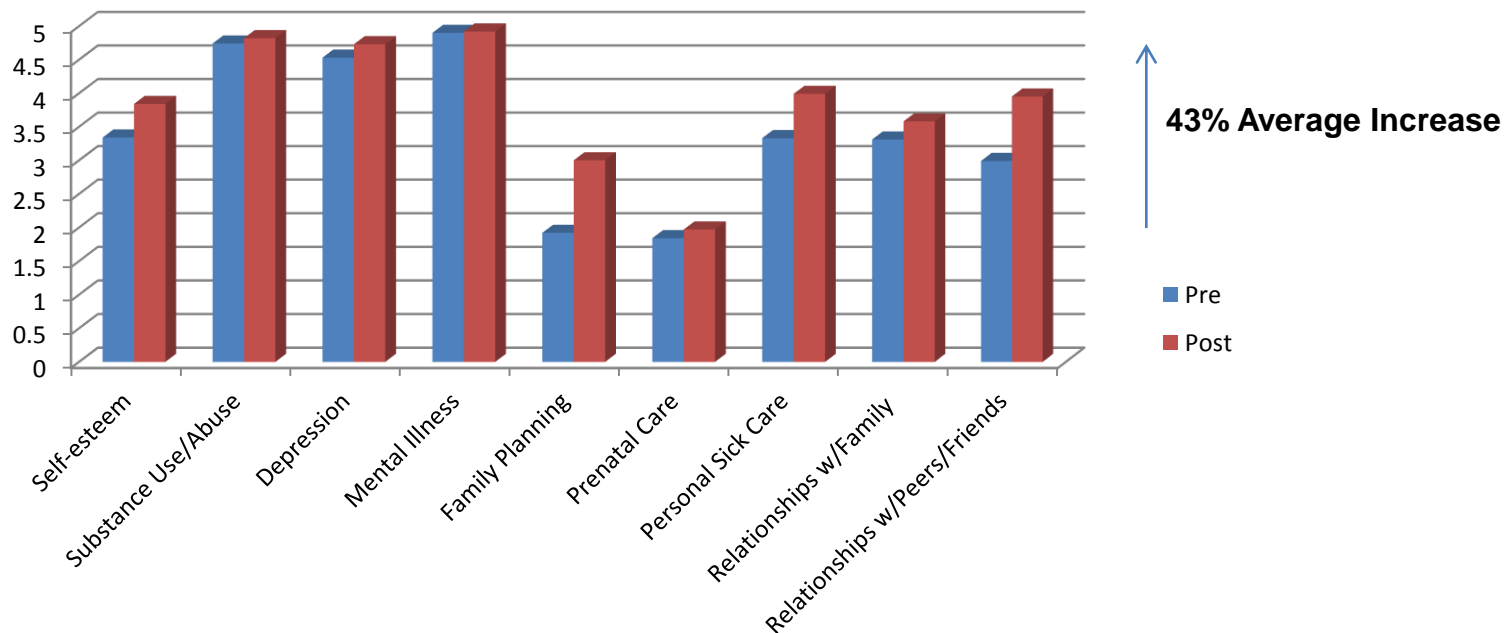


PEI Global Assessment of Functioning

Average Pre-Post FY 2011/12-FY 2013/14

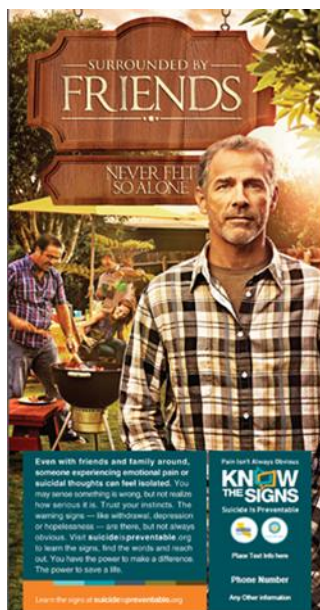


Outcomes for Symptom Reduction FY 2013/14



PEI Strategies for High Risk Population

High Risk Population	Strategy
Individuals living with a mental illness and/or substance use disorder	<ul style="list-style-type: none">• Multiple access points for early interventions and treatment• Individual and group counseling• Access and linkage to additional system of care resources
Individuals bereaved by suicide	<ul style="list-style-type: none">• Bereavement support groups and counseling
Individuals in justice or child welfare settings	<ul style="list-style-type: none">• Partnerships and collaboration with justice and child welfare systems to address appropriate needs
American Indians/Alaska Natives	<ul style="list-style-type: none">• Culturally-specific programs for America Indians/Alaksa Natives
Individuals who identify lesbian, gay, bisexual, transgender or questioning (LGBTQ)	<ul style="list-style-type: none">• LGBTQ-specific programs that emphasize outreach and delivery of available resources in welcoming settings
Members of the Armed Forces and veterans	<ul style="list-style-type: none">• Military-specific programs that emphasize addressing unique needs of military personnel and veterans and their families
Older men	<ul style="list-style-type: none">• Older adult-specific programs that emphasize outreach, engagement and early interventions
All populations	<ul style="list-style-type: none">• ASSIST Training and safeTALK

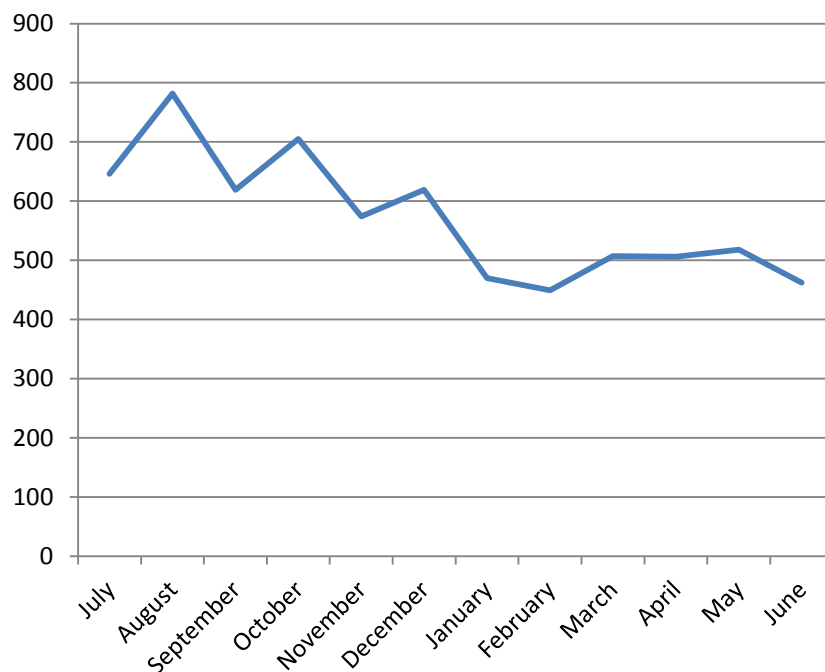


PEI Statewide Projects

- **Know The Signs**
Campaign to educate on warning signs and how to help
- **ASIST** training for suicide intervention
- **safeTALK** to become suicide alert
- **National Suicide Prevention Lifeline** to take calls of those in crisis

Goal: Reduce Suicide, cont'd.

Suicide Prevention Hotline Figures for San Bernardino County FY 2013/14



6,857 total calls
571 per month average

— Number of Calls



Section III

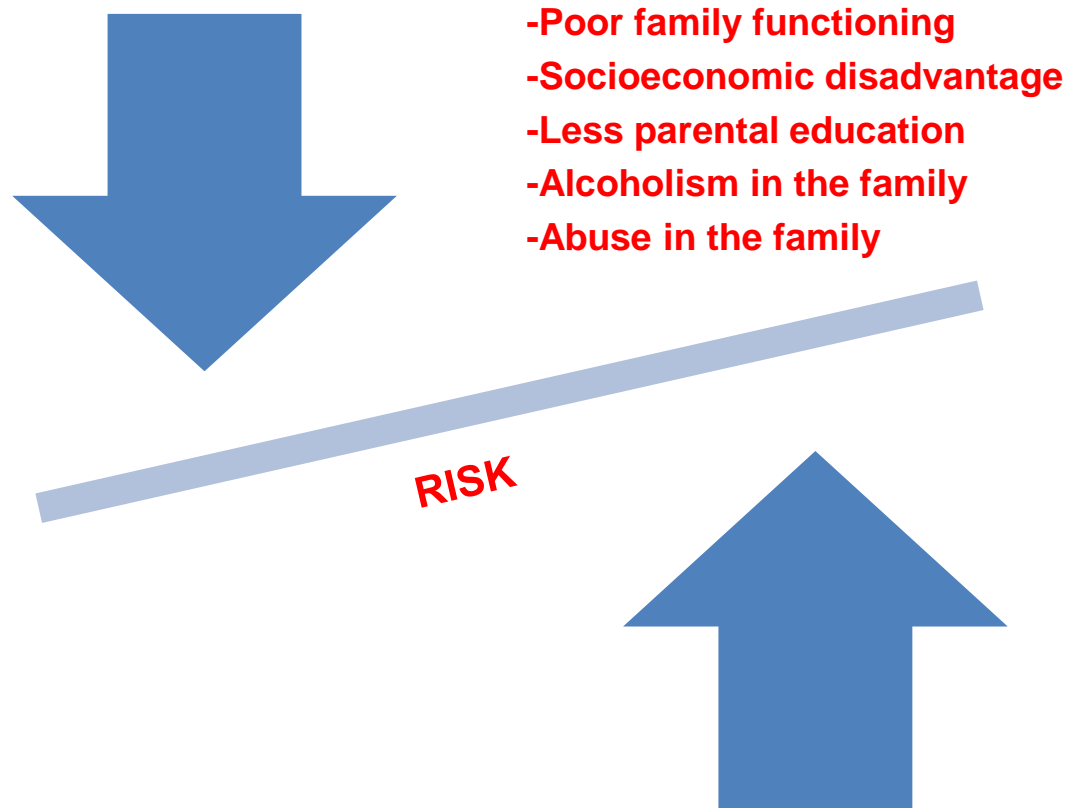
Based on the data presented concerning **reducing stigma and discrimination associated with mental illness, reducing prolonged suffering, reducing suicide**, please discuss:

- Strengths illustrated in meeting the goals
- Opportunities to strengthen how the department meets/measures the goals

Section IV

- ✓ Reduce Homelessness
- ✓ Reduce Unemployment

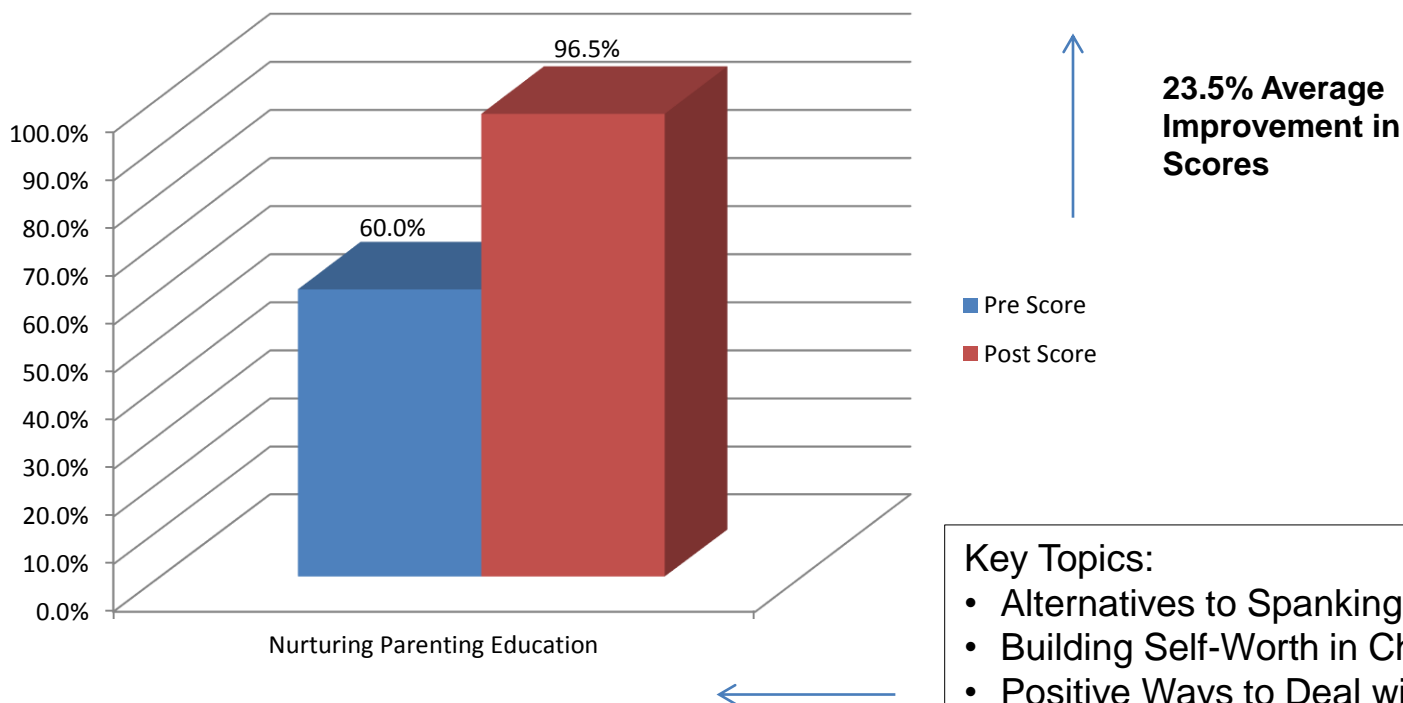
Risk Factors that Increase Likelihood of Homelessness



PEI Programs That Reduce Risk Factors for Homelessness

Program	Risk Factor	Strategy
Family Resource Center	Socioeconomic disadvantage	Employment assistance, computer literacy training, ESL, access to resources, etc.
Military Services and Family Supports	Poor family functioning	Family-focused counseling and support
NCTI Crossroads	Abuse in the family	Parenting component, anger management, life skills, communication strategies
Native American Resource Center	Alcoholism in the family	White Bison 12 Step Program
LIFT Program	Less parental education	Case management, education and support

Positive Parenting Test Scores FY 2013/14

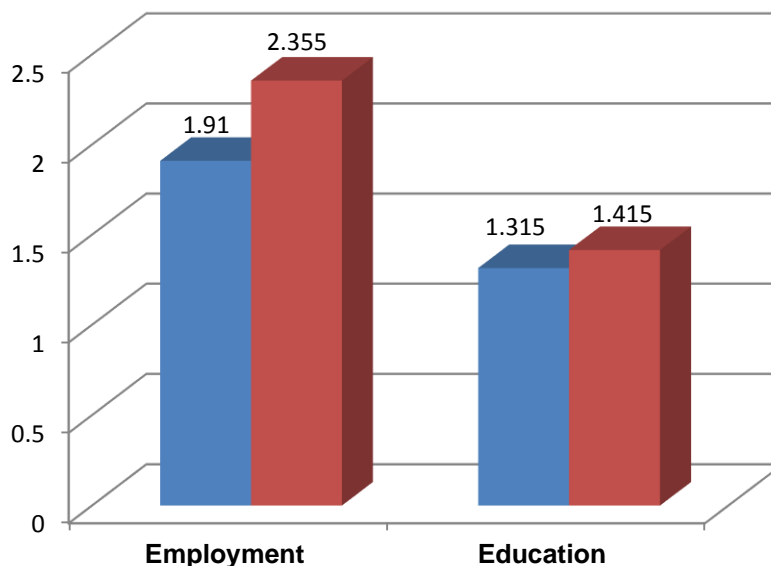


Key Topics:

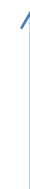
- Alternatives to Spanking
- Building Self-Worth in Children
- Positive Ways to Deal with Stress & Anger
- Family Morals, Values & Rules
- Positive Brain Development in Children

Employment Readiness Skills FY 2013/14

Employment:
24% Average
Increase



Education:
8% Average
Increase



■ Pre
■ Post

Pre – “occasional/seasonal or multiple entry-level jobs”

Post – “stable employment in low income job”

Pre – “less than 12th grad graduation”

Post – “graduation with a GED or HSD”

Section IV

Based on the data presented concerning **reducing unemployment and reducing homelessness**, please discuss:

- Strengths illustrated in meeting the goals
- Opportunities to strengthen how the department meets/measures the goals

County of San Bernardino Department of Behavioral Health *MHSA Plans*

<http://www.sbcounty.gov/dbh/mhsa/mhsa.asp#>

Journal of Abnormal Child Psychology. *Trajectories of Peer-Nominated Aggression: Risk Status, Predictors and Outcomes*, 2005.

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Justice Center – The Council of State Governments. *Serious Mental Illness and Arrest: The Generalized Mediating Effect of Substance Use*, 2007. <http://csgjusticecenter.org/jc/publications/serious-mental-illness-and-arrest-the-generalized-mediating-effect-of-substance-use/>

Mental Health Services Act http://www.mhsoac.ca.gov/docs/MHSA_AsAmendedIn2012_AB1467AndOthers_010813.pdf

National Institutes of Health. *Risk Factors for Homelessness: A Study of Families of Origin*, 1995.

<http://www.ncbi.nlm.nih.gov/pubmed/8829984>

Prevention Institute. *Connecting the Dots: An Overview of Among the Links of Multiple Forms of Violence*, 2014.

<http://preventioninstitute.org/component/jlibrary/article/id-356/127.html>

Substance Abuse and Mental Health Services Administration. *National Strategy for Suicide Prevention: How You Can Play a Role in Preventing Suicide*, 2012. <http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/factsheet.pdf>

Substance Abuse and Mental Health Services Administration. *A Behavioral Lens for Prevention*, 2012.

http://captus.samhsa.gov/sites/default/files/capt_resource/capt_behavioral_health_fact_sheets_2012_0.pdf

U.S. Department of Justice, Office of Juvenile Justice and Delinquency Prevention. *Risk Factors for Delinquency: An Overview*, 2003. <https://www.ncjrs.gov/pdffiles1/ojjdp/frd030127.pdf>



Thank you for your participation and thoughtful feedback!

December CPAC will focus on Workforce Education and Training Outcomes

Your continued feedback is valuable to us!

Please ensure we have collected each of the surveys you completed today.